

HEART HEALTH

Nationally

- Heart disease is the leading cause of death in the US, causing about one in four deaths.
- Every 40 seconds in the United States, someone suffers a heart attack.



South Carolina

The SC Department of Health and Environmental Control statistics reveals that 300,000 people in SC have heart disease.

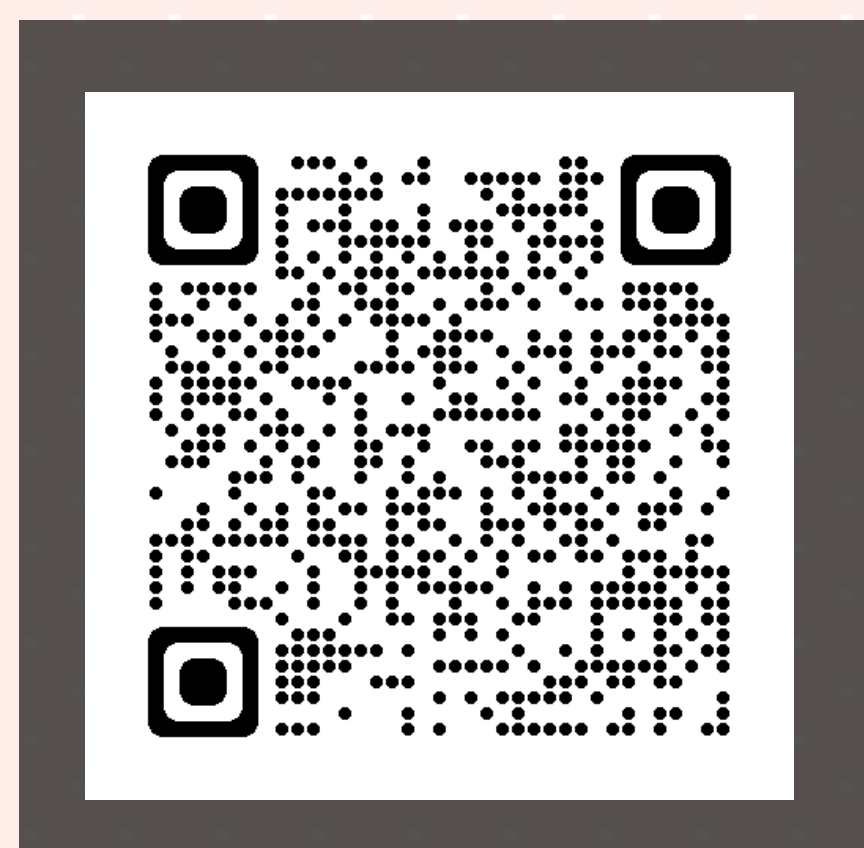


Prevention Tips

- Eat a healthy diet. (See QR code for recipes)
- Maintain a healthy weight.
- Exercise regularly to manage stress.
- Get enough sleep (7-9 hours per night).
- Keep track of blood pressure, blood glucose, and cholesterol levels.
- Limit alcohol and don't smoke cigarettes. Both can raise your blood pressure.



Heart Healthy Recipes



**If you have any health concerns,
talk to your health provider.**

FIRE SAFE
South Carolina



A COMMUNITY RISK REDUCTION PROGRAM